



# POSITIVE PARENTING PROGRAM GROUP



**POSITIVE PARENTING FOR PARENTS OF 0-12**

**POSITIVE PARENTING FOR PARENTS OF TEENS**

**VIRTUAL & IN PERSON GROUPS AVAILABLE**

**We offer several different types of parenting groups. See our schedule on the back**

**COST: FREE!!**

*Provided through grant funds. Limited Time. INCLUDES A FREE BOOK, UPON REQUEST*

**PRE-REGISTER ON THE WEBSITE:**

[www.lucawellnesscenter.com](http://www.lucawellnesscenter.com)  
Or Scan the QR Code



**WHY SHOULD I JOIN?**

**TRIPLE P IS PROVEN TO:**

- Increase Parenting Knowledge and Skills
- Reduce Physical Aggression and Outbursts
- Build Positive Communication
- Promote Pro-Social Development
- Manage Misbehavior Through Positive Reinforcement

**You Are Not Alone In Your Parenting Struggles!**



## 8 Week Parenting Groups

This group is a specially designed group for parents to gain tools to help with building confidence as a parent.

Topics include:

- Providing a safe and secure environment
- Creating positive learning environment, using assertive discipline,
- Learning to have realistic expectations,
- Taking care of yourself as a parent”.

## Seminars

Group seminars with parents of children up to approximately 12 years of age. Consists of three 90-minute seminars on specific topics. **Parents select which of the following seminar(s) they'd like to attend:**

- The Power of Positive Parenting
- Raising Confident and Competent Children
- Raising Resilient Children

## Discussion Groups

Are designed as a one time group to work on a specific issue that often comes up in our parenting struggles.

**Topics Include:**

- Dealing with Disobedience
- Managing Fighting & Aggression
- Developing Good Bed Time Routines
- Hassle Free Shopping
- Hassle Free Meal Times

## Coming Up Schedule of Groups

Tuesday December 12, 2023- 4:30-6:30PM

**Discussion Group-Virtual**

**Managing Fighting and Aggression**

Friday December 15, 2023 10:30 am- 12:00PM

**Discussion Group- Virtual**

**Developing Good Bed Time Routines**

Tuesday December 19, 2023 -4:30-6:30PM

**Discussion Group- Virtual**

**Dealing with Disobedience**

Friday December 22, 2023- 10:30 am- 12:00PM

**Discussion Group- Virtual**

**Hassle Free Meal Times**

**8 Week Group- Parents of Children, ages 0-12**

**4:30PM-6:00PM -Virtual**

**8 Week Group- Parents of Teens, ages 12-18**

**10:30am-12:30PM**

**In Person - 1347 N Alma School Rd, Suite 200**

**Chandler AZ 85224**

**Seminar - Virtual--TBD- Coming Soon**